

LORRAINE

LEARN THIS AND

SAY IT AS YOU DO IT.

FLING

TOE HEEL

hop or spring point the
working foot in third or fifth
position then hop and place
the heel of working foot in
the same position

ROCKS

Spring from third or fifth
position to third near position
or near near

NOTE (the near foot is always
pointed first.)

SWORDS

SPRING POINT TURN OF 2nd STEP

Execute four spring points
turning over the sword, with
LF in fourth position with
 $\frac{1}{2}$ turn to the right point RF
in fourth position, with $\frac{1}{8}$
turn to right point LF in
fourth ^{inter} position with $\frac{1}{8}$ turn
to the right point RF in
second position

OPEN PAS-DE-BASQUE IN 8th STEP

open pas-de-basque with LF in fourth position with $\frac{1}{8}$ turn to the left. open pas-de-basque with RF in second position NOTE - open pas-de-basques can also be done in fourth opposite fifth position

S/P.

SHUFFLES

starting with one foot midway between fourth aerial position ^{low} and fourth inter. aerial position low - brush the working foot inwards to third or fifth position and immediately brush it outwards to midway between fourth aerial low position and fourth inter. aerial low position Spring and repeat to other side. FOOT